

PYLE[®]
SPORTS

SPEED MASTER

PEDOMETER WITH MOTION SPEED MEASUREMENT



PPDM5

INSTRUCTION MANUAL

www.pyleaudio.com

IMPORTANT: Pick carefully in original package if possible. We are not responsible for damage incurred in returning items for repair. A letter stating your exact street address, daytime phone number, and the problem you are experiencing should be included. You must also enclose a copy of the original receipt a proof of date of purchase.

PYLE[®]
SPORTS

"Recreational Gear For The Great Outdoors"



Brooklyn, NY 11204

1-800-444-1671

Monday Through Thursday, 9AM to 5PM

Friday 9AM to 1PM Eastern

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Art No.: PYLE_SPORTS-PPDM5

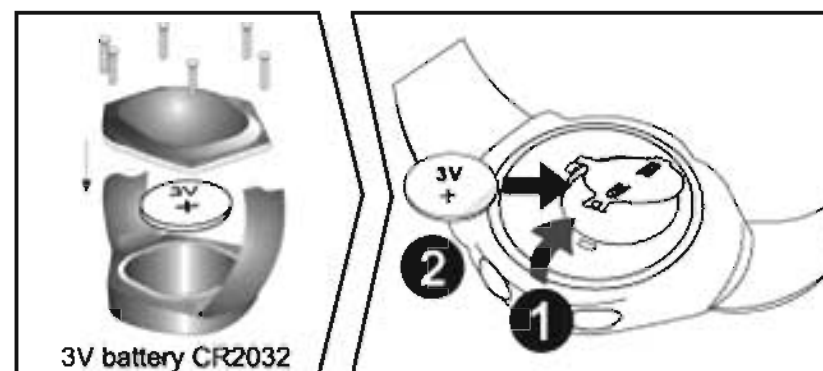
FEATURES

- Daily Step
- Daily Exercise Timer
- Daily Distance
- Daily Calorie
- Daily Fat Burn
- Current Speed
- Average Speed
- Maximum Speed
- Target Training (Step / Time / Distance / Speed)
- 7 Days Memory
- Week Total Memory
- Odometer
- Dual Time
- Stopwatch
- Km / Mile unit
- 12/24 hour format
- Pedometer calibration
- Odometer save

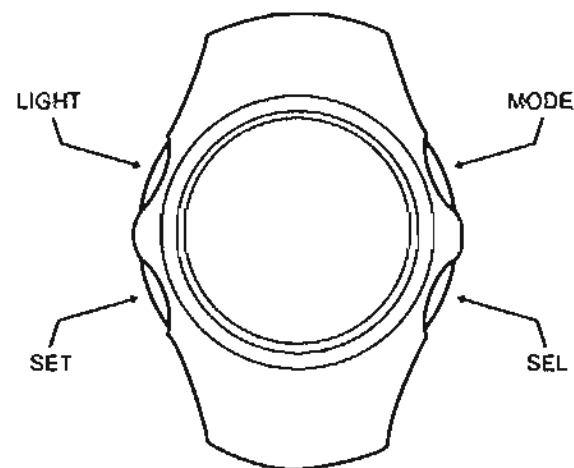
BATTERY INSTALLATION

For the best service of the watch, please go to an experienced watch dealer to change the battery.

Remove the battery cover from the bottom of the watch with a screw driver. Install the 3.0V-battery with the positive facing up and replace the cover. Remove the battery and reinsert it if the LCD displays irregular figures. This will clear and restart the watch's microprocessor.



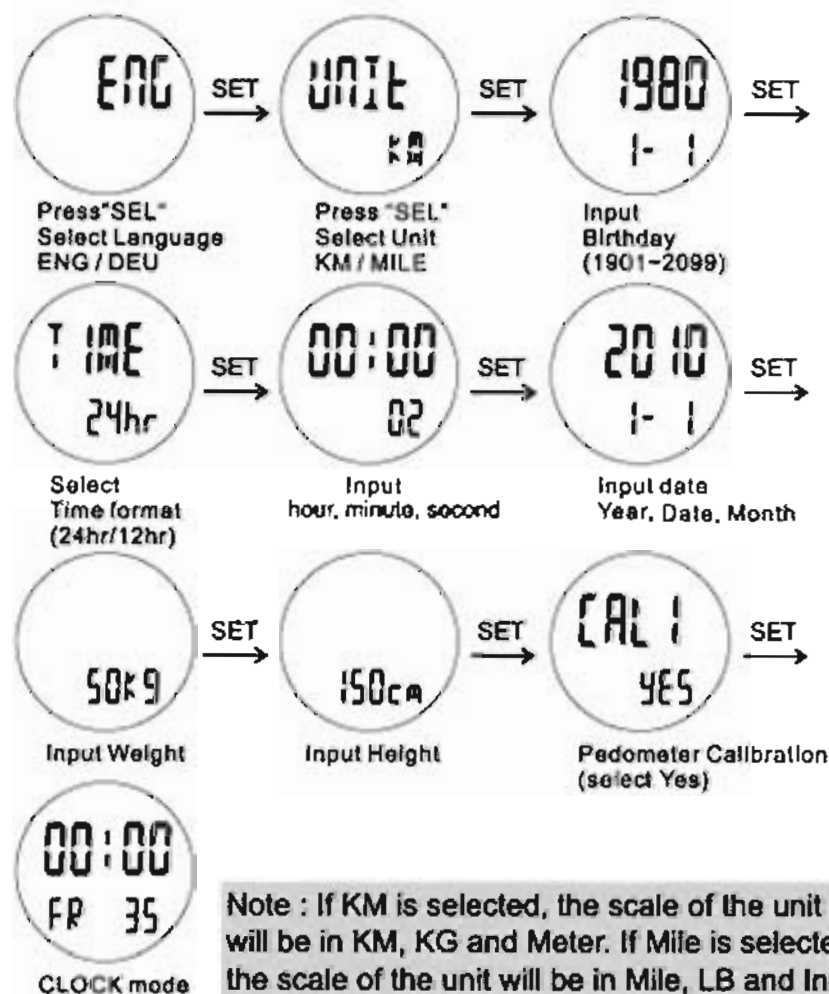
KEY ASSIGNMENT



INITIAL SETTING

Pedometer watch

Press the SET, SEL or MODE button (sound signal) until all display segments appear for a short time. You automatically enter First-Use-Setting Mode, press SEL to select and press SET to confirm setting.



Note : It is strongly recommended that the user calibrate the pedometer to their personal movement pattern. Otherwise this unit will use only statistical data based on the height input by the user. The performance of the unit will not be in its full capacity.

Pedometer Calibration

You can choose between YES and NO with the SEL button. Choose YES and confirm with the SET button.

- The unit enters Into Calibrate RUN mode, Press SET to confirm and advance to SET RUN Distance.
- Press SEL to set the run distance, increment by 100 meter, Press SET to confirm the Distance. Now the unit is ready for Calibrate Running Stripe Length. Press SET and start running.
- At the time distance covered, press SET to stop. Display DONE and SAVED appears; the calibration was correct and was saved.

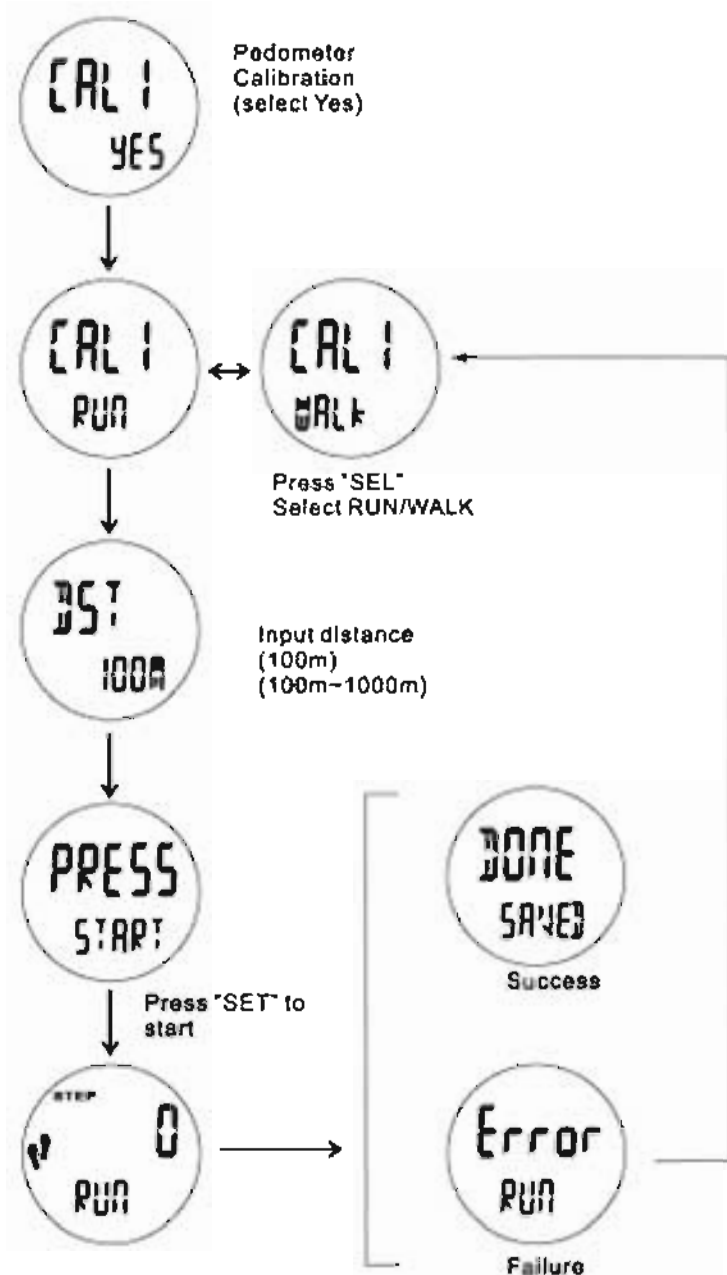
Note: It is important that you also perform the calibration for walking, as described in the following section:

- Press SET again to confirm the calibration for running and enter calibration for walking. Repeat above process for Walking.

Calibration not Successful

In case the calibration was not successful, the display ERROR appears. After a few seconds the display CALI FOR RUNNING or WALKING appears again and you can start a new calibration.

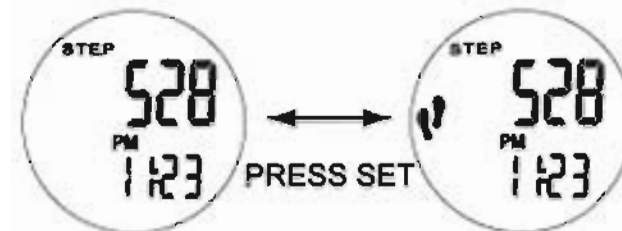
Note: After Calibration, if the height is changed, all calibrated data will be lost. And the stride length will be reset according to the new entry of height.



After the initial setting, you are ready to go.

TURN ON/OFF Pedometer Function

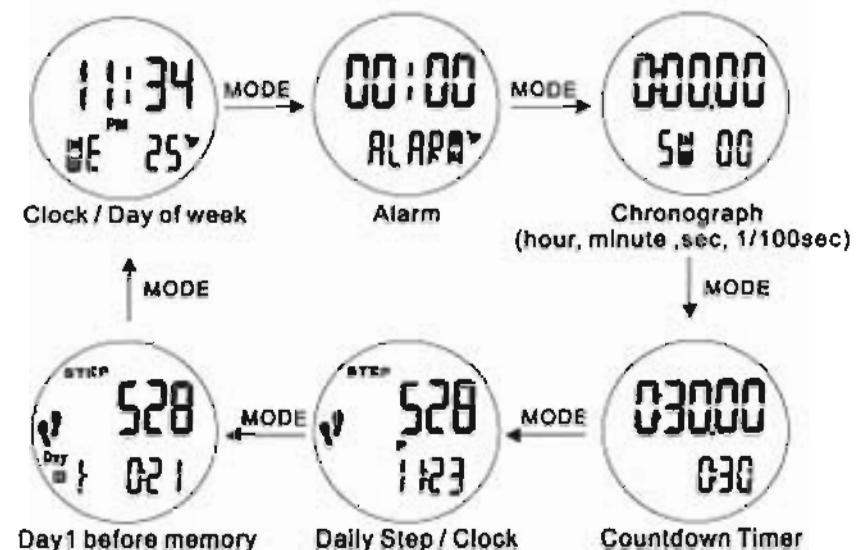
In Pedometer mode, press SET button until the 2 foot print icon appear to turn on Pedometer function. To turn off, press SET button again.



Note: Pedometer function can only be turned ON/OFF in PEDO mode.

Operation Modes

The unit has 6 operation modes: Clock, Alarm, Stopwatch, Timer, Pedometer and Memory

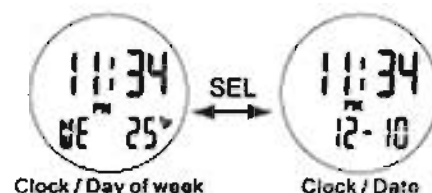


Scroll Through the operation mode by pressing the MODE button.

Time Mode

Press MODE button until you reach the time mode, shown by "TIME-1".

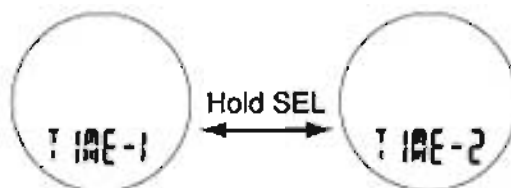
Press the SEL button to toggle between Clock / day of week and Clock / Date.



Second Time

The user can set 2 different times with this watch.

In Clock mode, HOLD SEL BUTTON to toggle between Time-1 and Time-2. To set clock, HOLD SET BUTTON and repeat time setting procedure.



Daily Alarm Mode

Press MODE button until you reach the alarm mode, shown by "ALARM".

Hold SET button to enter Alarm Setting Mode
Press SEL to set desirable Hours, Press SET to confirm and advance to set Minutes.
Press SEL to advance to desirable minutes, Press SET to confirm.



Activate/Deactivate Alarm

Press the SEL button when the alarm time is displayed
Alarm symbol ▼ is displayed = alarm on
Alarm symbol not displayed = alarm off

Switch off Alarm

When the alarm rings, you can switch it off by pressing the MODE, SEL or SET button.

Snooze

If you don't switch off the alarm when it's ringing, the alarm will automatic ring again after 5 minutes.

Stopwatch Mode

Press MODE button until you reach the stopwatch mode, shown by "CHRONO".

In stopwatch mode you can choose between the sub functions

- CHRONO (stopwatch) and
- LAP RECORD (best lap)

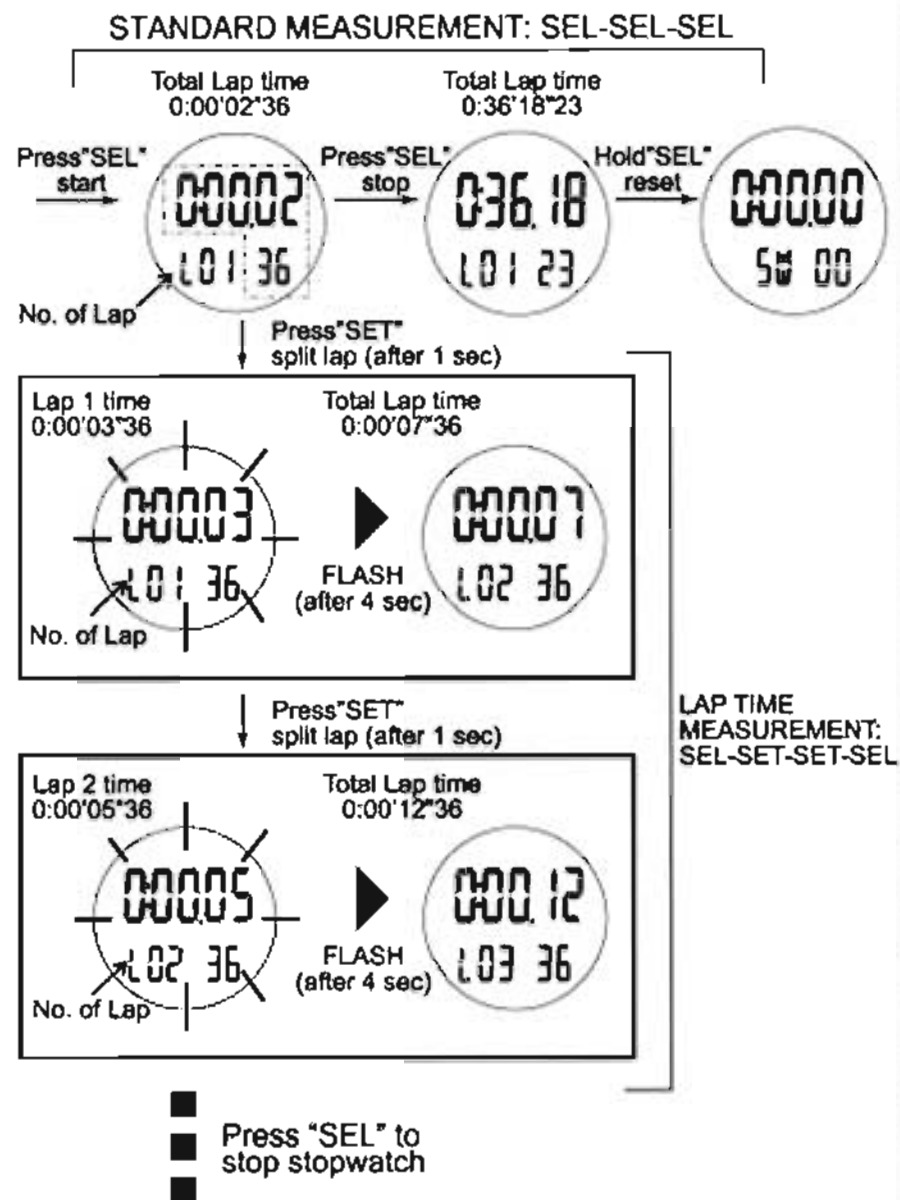


Note: Switching between "stopwatch" and "lap record" only works if at least 1 lap has been recorded.

- Press SEL button to start / stop the stopwatch.
- Press SET button to record the lap memory when the stopwatch is counting.
- 99 lap times can be saved. If the lap memory is full, the display FULL appears.
- To reset the stopwatch, press and hold SEL button to zero.



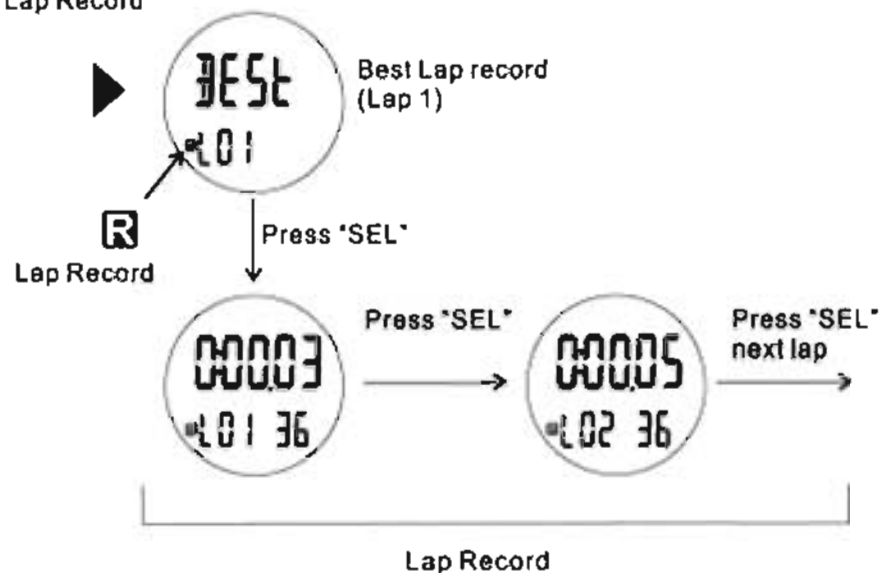
For your reference, you can refer to following methods to take different measurement:



To recall the stopwatch memory

- Press SEL button to stop the stopwatch, then press SET button to enter lap record mode.
- Display show the record of BEST LAP, the icon "Best" will be displayed.
- Press SEL button to read different lap memories.
- Press SET button to exit the lap record mode.

Press "SET" enter
Lap Record



Countdown Timer Mode

Press MODE button until you reach the Countdown timer mode, shown by "TIMER". The pedometer watch possesses a countdown timer of max 9 hours 59 minutes.

Basic setting 00:30:00 (30 minutes)



Keep the SET button pressed to set the countdown timer, "SETTING" appears.

Press SEL to advance to desire hours, Press SET to confirm
Press SEL to advance to desire minutes, Press SET to confirm

For timer applies:

- Press SEL button – Timer starts
- Press SEL button again – Timer stops
- Press SEL button again – Timer continuous
- Keep SEL pressed for about 3 seconds when the time is stopped – timer resets to the originally set time.
- When the countdown timer reaches zero, an alarm sounds, which ends after about 15 seconds, or can be ended by pressing the MODE, SEL or SET button.

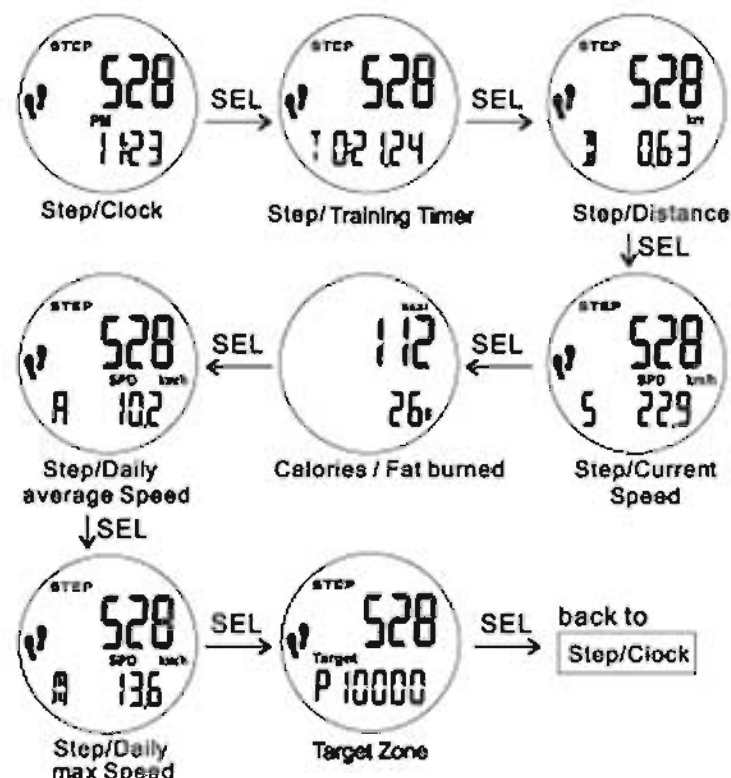
Pedometer Mode

Press MODE button until you reach the Pedometer mode, shown by "PEDO".

By pressing the SEL button in the pedometer mode, you can choose between the sub functions



- Clock
- Training Timer
- Distance
- Current Speed
- Calories/ Fat Burned
- Daily Average Speed
- Daily Maximum Speed
- Target Zone



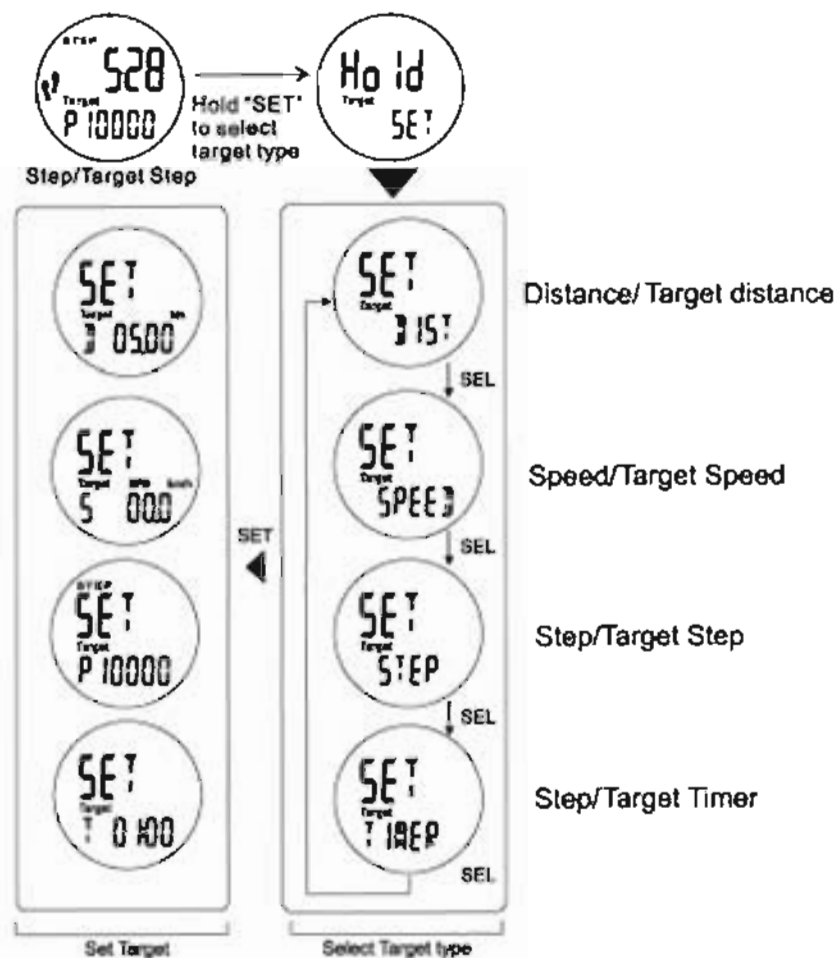
Features Reset - including Daily Step, Training Timer, Distance, Calorie, Fat Burnt, Average speed, Maximum speed Under PEDO mode, in any mode except clock function screen, Hold SET button. All daily data will be reset to 0.

Target Zone

User can select one of the following targets for his own daily workout target Distance, Speed, Step and Timer

The unit defaults as Target Step. If user desire other workout data, please HOLD SET button In Target Zone Mode until SET appear on the upper row as in figure.

Press SEL to toggle between four target types, Press SET to confirm
Press SEL to advance to desire target values, Press SET to confirm



Target Alert

For Step, Timer and Distance, there will be an alert when target meet.

For Speed, there will be an alert when below target.

The unit defaults the following workout data:

Target Step: 10000 steps

Target Timer: 1 hour

Target Distance: 5 KM/Mile

Target Speed: 0 Km/hr or Mile/hr.

Once selected, the pedometer mode will display the selected information

Activate/Deactivate Target Alert

Hold SEL button to Activate/Deactivate Target Alert

Alert symbol  is displayed = alert on

Alert symbol not displayed = alert off

Memory Mode

Press MODE button until you reach the Memory mode, shown by "MEMORY".



By pressing the SEL button in the memory mode, you can choose between the sub functions

- 7 daily memories (step & timer, distance, calorie & fat burned)
- Week total memories (step & distance, calorie & fat burned)
- Odometer (Total distance)
- BMI

7 daily memories

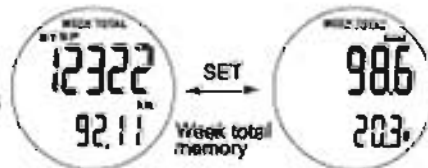
Daily memories will be stored for past Seven days.
Press SEL button to toggle between daily memories from Day1 to Day7.
Press SET button to toggle between data of step & timer, distance and calorie & fat burned.



Note: Calorie, Fat Burnt, Average Speed and Maximum Speed automatically record daily. These data will reset every night at 0:00

Week total memories

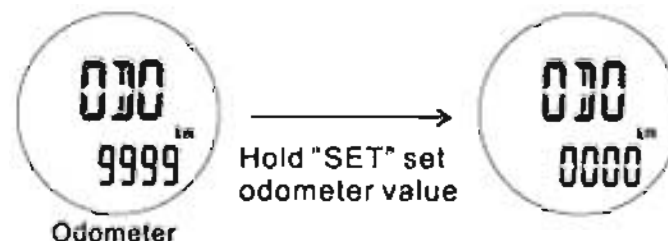
It measure 7 days accumulated data: total steps & total distances, total calories & fat burned.
Press SEL button until you reach WEEK TOTAL appear on the upper row as in figure.



Note: It is necessary to enter the correct weight to receive a meaningful value of calorie consumption and fat burning.

Odometer Save function

Before changing battery or perform total reset. Please write down the accumulated distance travels and use this function to input distance back to the pedometer.
To set, go to odometer mode, HOLD SET until ODOMETER SAVE screen appear and first digit in the lower low start to blink, press SEL to choose desire number and SET to confirm. Repeat the procedure until desirable distance is entered.



Note:

- 1.ODO can only be reset to zero during TOTAL RESET or battery changing
- 2.To avoid ODO Info lost during battery changing, user can re-enter the value in "Set Odometer" session above

BMI (Body Mass Index)



Age (years)	BMI normal value (kg/m ²)
19-24	19 - 24
25-34	20 - 25
35-44	21 - 26
45-54	22 - 27
55-64	23 - 28
> 64	24 - 29
approximate values of the BMI	

The BMI (Body Mass Index) is a measured value for the evaluation of the body weight of humans. The BMI only gives a rough guidance level.

The BMI is calculated by dividing the body weight in kg by the body size in meters squared. The pedometer watch automatically calculates the BMI from the entered data.

After the INITIAL SETTING of the unit, there are 4 resetting procedures for user to reset the data.

1. Complete Reset – INITIAL SETTING

Change battery or Hold SET and SEL buttons, repeat INITIAL SETTING procedure.

2. Reset Clock without resetting workout data

In Clock mode, Hold SET button to enter setting mode.

Repeat process in the SETTING SECTION described above.

3. Reset Weight/Height/Calibration

In Pedometer mode at clock function, Hold SET button to enter Calibration mode. Repeat process in the PEDOMETER CALIBRATION described above.

4. Features Reset - including Daily Step, Training Timer, Distance, Calorie, Fat Burnt, Average speed, Maximum speed

Under PEDO mode, in any mode except clock function screen, Hold SET button. All daily data will be reset to 0.

DISPLAY LIGHT

The display is illuminated for about 2 seconds by pressing the LIGHT button, so you can read the display of the pedometer watch in darkness. A permanent illumination of the display is not possible. Please note that the illumination consumes more power, which reduces the lifespan of the battery.

TROUBLESHOOTING

Why is the displayed covered distance incorrect?

Have you performed a calibration? For optimum results the calibration has to be performed for "walking" as well as "running". A shuffling gait, bad shoes and varying surface can lead to inaccurate measurements. A lower distance is measured when climbing steps, because the watch is designed for even surfaces. Choose the used during calibration speed when walking or running. Please note that the measurements of untrained persons can be inaccurate/irregular.

Why does the display light not work?

Perhaps the battery is empty? Please check the battery and replace it if it is empty (3 V / CR2032). Note the +/- pole.

SPECIFICATIONS

Clock	12/24 format with hour/ minute
Step measurement range	0 - 99,999 steps
Distance measurement range	0 - 99.99 km or mile
Exercise timer range	23 hrs 59 mins
Stopwatch measurement capacity	99 hrs 59 mins 59 sec/ 99 Laps
Calorie measurement range	0 - 99,999 Kcal
Fat measurement range	0 - 15,000 g
Target distance range	0 - 99.99 km or mile
Target timer range	23 hrs 59 mins
Target speed range	0 - 39.9 km/h or mile/hr
Body weight range	50kg - 219kg or 66lbs - 479lbs
Body height range	150cm - 249cm or 40" - 99"
Odoemter	9999km or mile
Power	1x CR2032 3V battery
Countdown Timer	99 hrs 59 mins 59 sec